

# Tamara Tisdale Ph.D., LPC, CSC, NCC

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College of Education, Department of Curriculum & Instruction

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## EDUCATION:

**Doctor of Philosophy in Counselor Education and Supervision,** 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 INTERESTS:

**School Counseling:** Advocacy for School Counselors,

**Clinical Counseling:** Mental Health Stigma in minority communities

**Multicultural Counseling:** Millennial Mental Health, Ethical Issues and Considerations

## CLINICAL COUNSELING EXPERIENCE:

**Matters of the Heart Counseling Services, PLLC**

Houston, Texas

*Owner, Lead Therapist*

May 2023 – 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.
- Develop individualized treatment plans addressing patient needs and routinely reviewed progress to ensure quality and effective treatment.
- Manage caseload of multiple sessions weekly using various types of Use evidenced based treatment modalities including Cognitive Behavioral Therapy, Brief Solution Therapy, Gestalt Techniques along with Somatic Experience Therapy.
- Oversee Master level practicum students.

**Visions of Serenity Counseling, PLLC**  
**Houston, Texas**  
*Therapist*  
**January 2022 – May 2023**

- Provided individual and group counseling to adolescents, adults, and families.
- Documented patient information including session notes, progress notes, recommendations, and treatment plans.
- Developed therapeutic and treatment plans based on clients' interests, abilities, and needs. I advised clients on the effectiveness of the counseling process.
- Used evidence-based treatment modalities and interventions that tailored to the clients' needs.

**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.
- Attended training seminars and had supervision on a weekly basis.

**SCHOOL COUNSELING EXPERIENCE:**

**Klein Independent School District- Klein Cain High School**  
**Houston, Texas**  
*Social & Emotional Learning/ Student Support Counselor*  
**July 2021 –July 2023**

- Planned, implemented, and evaluated a comprehensive program of guidance, including counseling services.
- Assisted teachers in the teaching of guidance related curriculum.
- Counseled individual students and small groups with presenting needs/concerns.
- Used accepted theories and techniques appropriate to the school counseling setting.
- Consulted with parents, teachers, administrators, and other relevant individuals.
- Coordinated with school and community personnel to bring together resources for students.
- Used an effective referral process for assisting students and others to use special programs and services.
- Understood diverse issues and helped create an atmosphere of equity and excellence for all learners.
- Served as the Foster Care Liaison.

**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 difficult situations, such as separation and loss. Provided crisis intervention.
- 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.

## **COLLEGE TEACHING EXPERIENCE:**

### **Angelo State University**

*Assistant Professor*-August 2023- Present

- Prepare courses for online delivery
- Mentor students through meaningful communication and supportive feedback
- Evaluate student work using online platforms such as Turnitin
- Utilize professional experiences to enhance course content with real-world, practical insights and provide input for continuous course improvement
- Communicate with students through email, announcements, feedback, scoring, and any other requirements for online graduate classes
- Analyze course level evaluations for continuous quality improvement
- Revised and developed new content for several modules within the EDG 6324 course and analyzed and determined updated assignments would be effective in meeting the course objectives

Courses Taught:

#### **EDG 6324 Career & Occupational Counseling**

Spring B 2024

#### **EDG 6334 Addictions Counseling**

Spring A 2024

#### **EDG 6327 Dysfunctional Behavior**

Fall B 2023, Spring B 2024

#### **EDG 6328 Professional Orientation**

Fall B 2023

#### **EDG 6336 Marriage and Family Counseling**

Fall A 2023

#### **EDG 6331 Role of the School Counselor**

Fall A 2023, Spring A 2024

*Adjunct Professor* - October 2022- July 2023

Courses Taught:

#### **EDG 6331 Role of the School Counselor**

Summer 2023

#### **EDG 6327 Dysfunctional Behavior**

Spring B 2023, Summer 2023

#### **EDG 6332 Intro to Crisis, Trauma, and Mental Health Concerns**

Spring A 2023

#### **EDG 6335 Counseling Ethics**

Fall B 2022

## **University of Holy Cross**

**Teaching Assistant-** August 2022- December 2022

### **COU 609 Professional Orientation and Ethics**

Fall 2022

**Process Observer-** January 2022- May 2022

### **COUN 607 Theory and Practice of Group Counseling**

Spring 2022

## **K-12 TEACHING EXPERIENCE:**

### **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 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 CREDENTIALS:**

Licensed Professional Counselor-Texas

Licensed Professional Counselor- Louisiana

National Certified Counselor

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:**

Elzey, B., & **Tisdale, T.**, Varnado-Johnson, C. (2024, March). *Reality vs. Ethics: Challenging Implicit Bias in Counseling Education While Navigating the Revocation of Affirmative Action*. Presented at the National Cross-Cultural Counseling & Education Conference for Research, Action & Change, Charlotte, NC

Kelly, T., Lyons K., **Tisdale, T.** (2024, February). *Postdoc Blues - Exploring Individual Experiences Related to Mental Health and Self-Identity*. Roundtable presented at TACES Conference, Georgetown, TX

Elzey, B., & **Tisdale, T.** (2024, January). *Reality vs Ethics: How Implicit Bias and the Revocation of Affirmative Action Impacts Cultural Competency for Future Counselor Educators*. Presented at the 9<sup>th</sup> Annual Law and Ethics Counseling Conference, New Orleans, LA.

Brown, M., Schexnydre, J., & **Tisdale, T.** (2023, February). *Sis, are you Ok? A roundtable Discussion on College-Age Black Women and Suicide*. Roundtable Presented at the 8<sup>th</sup> Annual Law and Ethics Counseling Conference, New Orleans, LA

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, Houston, TX

Brown, M., Elzey, B., & **Tisdale, T.** (2022, February). *Reality vs Ethics: Challenging Multicultural Norms While Working with African American Males*. Presented at the 7<sup>th</sup> Annual Law and Ethics 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, Houston, TX

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 (ACA)**

- Association for Counselor Education and Supervision (**ACES**)
- Southern Association for Counselor Education and Supervision (**SACES**)

### **American School Counseling Association (ASCA)**

- Lone Star State School Counseling Association

### **Texas Counseling Association (TCA)**

- Houston Counseling Association
- Spring Creek Counseling Association
- Texas Association for Counselor Education and Supervision (**TACES**)
- Texas Association for Multicultural Counseling & Development
- Texas Counselors for Social Justice

## **LEADERSHIP POSITIONS:**

**Co-Chair: Accessibility & Inclusion**, Southern Association for Counselor Education and Supervision (SACES)

**Co-Chair: Membership Committee**, Spring Creek Counseling Association

**Advocacy Committee Member**, Lone Star State School Counseling Association