

Christina A. Tillery, M.Ed.

Department of Counseling and Special Education - Virginia Commonwealth University

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Education

- Ph.D.**, Counselor Education and Supervision May 2025
Virginia Commonwealth University, Richmond, VA
Dissertation Title: Through Their Eyes: Black Girls Reimagining the Future of School Mental Health Post-COVID-19 through Youth Participatory Action Research
Chair: Dr. Donna Gibson
- M.Ed.**, School Counseling December 2016
Virginia Commonwealth University, Richmond, VA
- B.A.**, History May 2012
The College of William and Mary, Williamsburg, VA
- Postgraduate Professional License** (License Number: PGP-0676VDOE; Expires June 2029)
Virginia: School Counselor PreK-12 and History and Social Sciences - Secondary

Certifications

First Aid and CPR
Strong Resilient Youth: Supporting Children and Youth Experiencing Trauma
Virginia Child Abuse Recognition and Intervention
Youth Mental Health First Aid USA Instructor
National Alliance on Mental Illness (NAMI) Sharing Hope Facilitator

Professional Positions

Lead Professional Learning Specialist, Hatching Results, San Diego, CA
September 2024 - Present

Graduate Research Assistant, Virginia Commonwealth University, Richmond, VA
August 2023 - May 2024

School Counselor, Highland Springs High School, Highland Springs, VA
August 2017 - June 2023

School Counselor (Long-Term Substitute), Henrico, VA
February 2017 – Jun 2017

Social Studies Teacher, Charles City High School, Charles City, VA
August 2012 - June 2016

Publications

- Tillery, C.A.** (In Process) Reimagining School Counseling for Black Girls: An Autoethnographic Exploration of Black Feminist Thought in School Counseling. *Professional School Counseling Journal*.
- Tillery, C.A.** (In Process) Culturally Responsive Counseling Approaches in School-Based Settings. Accepted book chapter. *School based mental health counseling: A guide for teachers and school mental health professionals*.
- Roberston, A., Clarke, N., **Tillery, C.A.**, Oglesby, A., & McClain, U. (In Process). School Culture and Inclusion. Accepted book chapter. *Operationalizing Cultural Competencies and Equity Work in Schools: A practical k-12 systems approach*.
- Clemons, K. & **Tillery, C.A.** (In Process). Soul and Scholar: Uniting Faith Leaders and School Counselors for Black Student Success. Accepted book chapter. *"We've Come this Far by Faith": Integrating Theology and Therapy to Support Mental Health in Black Communities*.
- Tillery, C.A.** & Barmoh, K. (Youth Co-Writer). (In Process). Supporting Sisterhood: How Black Girls and School Counselors Built Community in Pandemic Learning. Accepted book chapter. *At the Intersections: Imagining a New World for Girls of Color*.
- Mason, E., Michelm R., Young, A., Olsen, J., **Tillery, C. A.**, & Chang, M. (2023). School counselor leadership and program implementation revisited: Findings from a national sample. *Professional School Counseling Journal*, 27(1).
<https://doi.org/10.1177/2156759X231182144>
- Duyile, B.E., **Tillery, C.A.**, & Apugo, D. (2022) "Now Tell My Mama I Belong in that Slow Class": Reclaiming the Genius and Post-Secondary Options of Black Students with Disabilities. W. J. Hunter, L. Taylor, & L. Scott (Eds.) *The Mixtape Volume I: Culturally Sustaining Practices within MTSS featuring the Everlasting Mission of Student Engagement*. Council for Exceptional Children.
- Tillery, C. A.**, Crane, E., & Goodman-Scott, E. (2022). Tiered supports for the class of 2021 in unprecedented times: A high school counseling department's journey. *Professional School Counseling Journal*, 26(1). <https://doi.org/10.1177/2156759x221106806>

Research Briefs

Naff, D., Racelis, T., Frazier, R., Ellison, M., **Tillery, C.**, Bristow, A., Lancaster, A., Evans, S., Wiedenhoft, L., Abdul Rahman, D., Merritte, S., Johansen, K., Moon, S., Samuel, J., & Davison, T. (2024). Trends, Challenges, and Evidence-Based Strategies for School Dropout Prevention in Virginia. Richmond, VA: Metropolitan Educational Research Consortium https://scholarscompass.vcu.edu/merc_pubs/147/

Naff, D., Meadows, M., Dupre, K., Gaston, A., Khawaki, F., **Tillery, C.**, Lindsay D'Abreu, M., Powell, L., & Fierro, D. (2023). Addressing school bullying since the onset of COVID-19. Richmond, VA: Metropolitan Educational Research Consortium. <https://merc.soe.vcu.edu/reports/research-briefs/addressing-bullying-since-covid/>

Naff, D., Khawaji, F., Meadows, Dupre, K., Sahin Ilkorkor, Z., Flynn, J., Samuel, J., **Tillery, C.**, & Sheriff, M. (2023) Strategies for addressing chronic absenteeism in the post-pandemic era. Richmond, VA: Metropolitan Educational Research Consortium. <https://merc.soe.vcu.edu/reports/research-briefs/chronic-absenteeism/>

Naff, D., Ainsworth, D., Crane, E., & **Tillery, C.A.** (2022). Responding to community pushback on school curricula. Richmond, VA: Metropolitan Educational Research Consortium.

Tillery, C. A. (2021). She's Not Forgotten: School Counselors in the Pursuit of Ending the School Pushout of Black Girls [Research Poster]. Virginia Commonwealth University 24th Graduate Research Symposium, Richmond, VA, United States.

Grants and Fellowships

2025 Positive Youth Development Seed Grant

\$2,000 for Teen Girl Bibliocounseling Group in Richmond, VA

2023 - 2025 Center for Equity and Postsecondary Attainment, National School Counselor Fellow

2022 - 2024 Professional School Counseling Journal, Emerging Scholar

2022 - 2025 American Association of Colleges for Teacher Education, Holmes Scholar

2021 Richmond Area Counselor Association, Fellow

2021 American Counseling Association Foundation Grant

\$500 - G.L.O.W. Affinity Group Highland Springs High School

Articles

Tillery, C. A. (2023) All Students, Different Needs: Gather Student Voices. *ASCA School Counselor Magazine*.
<https://www.schoolcounselor.org/Magazines/May-June-2023/All-Students,-Different-Needs>

Goodman-Scott, E., **Tillery, C. A.**, Crane, E. (2021) It Takes Two. *ASCA School Counselor Magazine*.
<https://www.schoolcounselor.org/Magazines/September-October-2021/It-Takes-Two>

Teaching, Supervising, & Training Experience

Practicum: CLED 604, Fall 2024, In-Person. Virginia Commonwealth University, Richmond, VA, United States.

- ★ **Course Description:** This course develops core counseling skills such as active listening, reflection, paraphrasing, and questioning. Through role-playing and simulations, students practice building rapport, facilitating client conversations, and applying ethical, culturally competent techniques.

Essential Counseling Skills: EDHS 7290, Fall 2024, In-Person. University of Virginia, Charlottesville, VA, United States.

- ★ **Course Description:** Explores the planning and initiation of counseling programs in schools with an emphasis on understanding the role and function of counselors in schools, the planning, implementing, and managing of school counseling programs, the components of school counseling programs, legal and ethical issues in school counseling, and effective evaluation and accountability.

Introduction to School Counseling: EDHS 8310, Fall 2024, In-Person. University of Virginia, Charlottesville, VA, United States.

- ★ **Course Description:** Explores the planning and initiation of counseling programs in schools with an emphasis on understanding the role and function of counselors in schools, the planning, implementing, and managing of school counseling programs, the components of school counseling programs, legal and ethical issues in school counseling, and effective evaluation and accountability.

Practicum: Spring 2024, In-Person. University of Virginia, Charlottesville, VA, United States. The College of William and Mary, Williamsburg, VA, United States.

- ★ **Course Description:** Enhances practical skills in school counseling through a hands-on practicum. Under professional supervision, students engage in real-world counseling scenarios, refining communication and assessment techniques. Emphasis on program development and professional identity cultivates readiness for the dynamic challenges of school counseling.

Introduction to School Counseling: EDHS 8310, Fall 2023, In-Person. University of Virginia, Charlottesville, VA, United States.

- ★ **Course Description:** Explores the planning and initiation of counseling programs in schools with an emphasis on understanding the role and function of counselors in schools, the planning, implementing, and managing of school counseling programs, the components of school counseling programs, legal and ethical issues in school counseling, and effective evaluation and accountability.

Theories & Strategies for Counseling School-Aged Children: EDUC 675, Fall 2023, Asynchronous. The College of William and Mary, Williamsburg, VA, United States.

- ★ **Course Description:** Explores contemporary counseling theories for children and adolescents, emphasizing key concepts, therapeutic processes, and techniques. Applies skills through experiential activities, focusing on aligning interventions with children's developmental and environmental needs.

School Counseling Services: CLED 622, Spring 2023, In-Person. Virginia Commonwealth University, Richmond, VA, United States.

- ★ **Course Description:** Enhances students' comprehension of the school counseling profession by immersing them in strategic organization, proficient administration, and impactful delivery of counseling services in pre-K-12 school settings.

Data-Driven School Counseling: CLED 613, Teaching Intern, Fall 2021, In-Person. Virginia Commonwealth University, Richmond, VA, United States.

- ★ **Course Description:** Enhances students' knowledge of the school counseling profession, encompassing its historical evolution, contemporary challenges, and future trends. Equips students with the ability to create, implement, and evaluate comprehensive school counseling programs. Emphasizes the pivotal role of school counselors as advocates for students and leaders within the school environment and the profession.

Practicum: School Counseling: CLED 613, University Supervisor, Fall 2021, In-Person. Virginia Commonwealth University, Richmond, VA, United States.

- ★ **Course Description:** Enhances practical skills in school counseling through a hands-on practicum. Under professional supervision, students engage in real-world counseling scenarios, refining communication and assessment techniques. Emphasis on program development and professional identity cultivates readiness for the dynamic challenges of school counseling.

Training and Professional Development

Tillery, C. A. (May 2024). Youth Voice 4 RPPs Convening. National Network of Education Research-Practice Partnerships. Rice University, Houston, TX.

Tillery, C. A. (February 2024). *Counseling Techniques to Help Adolescent Girls Manage Relational Aggression*. Metro Nashville Public Schools, Nashville, TN.

Tillery, C. A. (October 2023). *Antiracist School Counseling*. Professional Development, Spotsylvania County Public Schools, Spotsylvania, VA.

Tillery, C.A. (September 2021). *She's not forgotten: Ending school pushout of Black girls*. Professional Development, Henrico County Public Schools, Henrico, VA.

Advanced Counseling Theories course, 60-minute Lecture: *Solution-Focused Brief Therapy* (October 2020)
Doctoral Seminar I

Tillery, C. A (September 2021). *Addressing the School Pushout of Black Girls*. Professional Development, Henrico County Public Schools, VA.

Tillery, C. A. (April 2021). *Realistic Views of School Counseling*. Presented to the University of Virginia's School Counseling Internship Spring course.

Tillery, C.A. (March 2021). *Digital Citizenship and Cyberbullying Prevention and Intervention*. Training for the Virginia Department of Criminal Justice Services, Virginia.

Tillery, C. A. (August 2020). *School counselors and systemic racism*. Back to School Professional Development, Hanover County Public Schools, Hanover, VA.

Scholarly Presentations

International and National

Tillery, C. A. (2025, April 11). *Black Girls Lead: Youth Participatory Action Research in School Mental Health*. Counselors for Social Justice Conference. San Juan, Puerto Rico Rico.

Robins, L., Clemons, K., Cokley, R., **Tillery, C. A.** (2025, April 11). *Anti-Racist Internship: Applying the Ecological Social Justice School Counseling Theory*. Counselors for Social Justice Conference. San Juan, Puerto Rico Rico.

Tillery, C.A. (2025, February 22). *Made by Us: Enhancing School-Based Mental Health for Black Girls Post-COVID-19 through Student Voice* [Poster Session]. American Association of Colleges for Teacher Education Conference, Long Beach, California.

Tillery, C.A. (2024, February 16). *“We All We Got”: A Systematic Review Exploring School-Based Mental Health Resources for Black Girls Post-COVID-19* [Poster Session]. American Association of Colleges for Teacher Education Conference, Denver, Colorado.

Tillery, C. A. (2023, July 15). *Bibliocounseling for Teen Girls of Color*. American School Counselor Association Annual Conference, Atlanta, Georgia.

Tillery, C.A., and Angela Ness (2023, March 31). *What’s Next?: Clinical Supervision for Practicing School Counselors* [Poster Session]. American Counseling Association Conference, Toronto, Canada.

Tillery, C.A. (2023, February 24). *“Who’s my counselor?”: A Systematic Review of Black Girls’ Access to School-Based Mental Health Resources* [Poster Session]. American Association of Colleges for Teacher Education Conference, Indianapolis, IN, United States.

Tillery, C. A., and Coghill, K. (2022, July) *Sister Circles as Affinity Groups*. American School Counselor Association Annual Conference, Austin, Texas.

Tillery, C.A. (2022, March 4). *See Me: A Call to Action for High School Counselors Working with Black Girls* [Poster Session]. American Association of Colleges for Teacher Education Conference, New Orleans, LA, United States.

Livingston, A., **Tillery, C.A.,** Man, I. (2021, October 5 - 10). *Taking Racism Out of Research: Developing an Anti-Racist Research Self-Efficacy Measure* [Poster session]. Association for Counselor Education and Supervision Conference, Atlanta, CA, United States.

Tillery, C.A. (2021, July) *She’s not forgotten: ending school pushout of Black girls*. American School Counselor Association Annual Conference, Las Vegas, Nevada.

Regional

Duyile, B., and **Tillery, C. A.** (2022, November) *High Leverage Practices: Inter-professional Collaboration for Black Students with Disabilities*. Southern Association for Counselor Education and Supervision Conference, Baltimore, Maryland.

Coghill, K. and **Tillery, C.A.** (2021, September) *Schoolin’ Life: Using Experience as Education to Create Sister Circles in High School*. Annual Tri-State Conference of Diversity and Inclusion (Virtual).

State/Local

Tillery, C.A. (2023, June). *Where are all the kids?: Leveraging School Counseling Practices to Combat Chronic Absenteeism*. Metropolitan Educational Research Consortium Summit. Richmond, VA.

Tillery, C.A. & Khawaji, K. (2023, June). *Strategies for Addressing Chronic Absenteeism*. Metropolitan Educational Research Consortium Summit. Richmond, VA.

Tillery, C.A. (2023, October). Bibliocounseling for Teen Girls of Color. Virginia School Counselor Association Annual Conference, Hampton, VA.

Tillery, C.A., and Coghill, K. (2022, October) Sister Circles as Affinity Groups. Virginia School Counselor Association Annual Conference, Hampton, VA.

Tillery, C.A. & White, K. (2021, March) *Effective Principal - School Counselor Relationships for Student Success*. Virginia School Counselor Association Annual Conference, Virtual.

Tillery, C.A., Joseph, D., Travers, K. (2021, March). *Level Up!: The Truth about being an Elementary, Middle, and High School Counselor*. Virginia School Counselor Association Annual Conference, Virtual.

Tillery, C. A. (2019, June). *She's not forgotten: ending school pushout of Black girls*. Life Ready Conference, Henrico County Public Schools, Richmond, VA.

Tillery, C.A., Bazemore, S., Taylor, J.V., White, S., Wynne, L., (2018, October). *Shattering glass ceilings: mentoring our next generation of female leaders*. Virginia School Counselor Association Annual Conference, Hampton, VA.

Tillery, C. A. (2017, October). *Welcome to the bad girls club: conflict resolution through media literacy for teen girls*. Virginia School Counselor Association Annual Conference, Hampton, VA.

Tillery, C. A. (2016, October). *Better counseling through classroom management*. Virginia School Counselor Association Annual Conference, Hampton, VA.

Invited Talks

Tillery, C.A. (November 2nd, 2024). *Social Media and Mental Health*. Radio One Community Health and Wellness Expo. Richmond, VA.

Tillery, C.A. (October 29th, 2023). *The Power of Education*. Saint John Baptist Church. Charles City, VA.

Tillery, C.A. (June 2023). *Sister Circles*. Virginia School Counselor Association, Summer Summit. Virginia Tech, Blacksburg, VA.

Tillery, C.A. (May 2023). *Sister Circles*. Georgia School Counselor Association, Diversity, Equity, Inclusion, and Justice in Action Conference. Virtual.

Tillery, C.A. (March 26th, 2021). *Criminal Justice Reform Panel*. Presented to the Metro-Richmond area community hosted by the Iota Sigma Alumnae Chapter of Sigma Gamma Rho Sorority, INC.

Tillery, C.A. (February 3rd, 2021). *Integrating BLM at School Week with National School Counseling Week*. Twitter chat: #scchat

Tillery, C.A. (October 28th, 2020). *Accessing Advanced Courses in Henrico County Public Schools*. Presented to Henrico County parents, faculty, and students.

Tillery, C.A. (September 9th, 2020). *Parenting in a Pandemic: Managing Back to School Anxiety*. Presented to Richmond-area parents hosted by Empowered to Thrive Counseling and Wellness, LLC.

Tillery, C.A. (May 7th, 2020). *Students' Self-Care During Covid-19*. Podcast hosted by the Moton Museum. Farmville, VA.

Tillery, C.A. (March 9th - March 11th, 2020). *You Matter Workshops*. Presented to South African youth. Johannesburg, South Africa.

Media

Articles

Jackson-Retondo, M. (2023, September 20). How bibliocounseling can create space for Black girls and girls of color to connect in school. *KQED*.
<https://www.kqed.org/mindshift/62409/how-bibliocounseling-can-create-space-for-black-girls-and-girls-of-color-to-connect-in-school>

Nocaera, J., Kolenich, E., Bryson, A., & McGoey, S. (2022, August 27). Growing number of Virginia colleges waiving SAT and ACT test requirements. *Richmond Times Dispatch*.
https://richmond.com/news/local/education/growing-number-of-virginia-colleges-waiving-sat-and-act-test-requirements/article_571bd02c-2ca2-52dd-9b8e-3c0656adf50e.html

Bryson, A. (2022, May 9). Tillery: counselors are ‘catalysts for systemic change.’ *Henrico*

Citizen.

<https://www.henricocitizen.com/articles/tillery-counselors-are-catalysts-for-systemic-change/>

Podcasts

- ★ [DEI Leadership Highlight: Christina Tillery](#), June 2023
- ★ [Successful School Counseling = Continued Learning](#), May 2023
- ★ [An Interview with VSCA SCOY Holly Guelig and Christina Tillery](#), March 2023
- ★ [Real Talk with Christina Tillery- Research on Black Females to Radical Kindness](#), September 2021

Honors and Awards

- 2025 Virginia Commonwealth School of Education Distinguished Dissertation Award
- Tillery, C.A. (March 2024). Bold Moves: Reimagining School Counseling for Equity and Justice. Keynote Speaker. Evidence-Based School Counseling Conference. Virtual.
- Tillery, C.A. (February 2024). Empowering Girls to Resist Societal Pressures, Fight Unrealistic Media Standards, and Develop a Healthy Body Image. Keynote. Metro Nashville Public Schools, Nashville, TN.
- 2022 - 2023 Virginia School Counselor of the Year
- 2022 Golden Apple Educator Award, Sigma Gamma Rho Sorority, INC.
- 2021 Virginia Commonwealth University 24th Graduate Research Symposium
Asynchronous Winner, *For the Research Poster*, “She’s not forgotten: School counselors in the pursuit of ending the school push out of Black girls.”
- 2020 (Fall) Henrico County Public School’s School Counselor “Like” Award
- 2018 Zeta Phi Beta Sorority, INC. Sister in Service Award
- 2016 NBC 12’s and Henrico Credit Union Excellence in Teaching Nominee
- 2013 Charles City Middle/High School, New Teacher of the Year

Membership

Member, American Counseling Association

Member, American School Counseling Association

Member, Association for Counselor Education and Supervision

Member, Chi Sigma Iota Honor Society

Member, Counselor Education Student Networking Association

Member, Virginia Counselor Association

Member, Virginia School Counseling Association

Graduate Student Representative, Richmond Area Counselor Association

Service

Professional

- Association of Counselor Education and Supervision, School Counseling Interest Network Graduate Student Representative
- Metropolitan Educational Research Consortium, Graduate Research Assistant, Project: Equitable Access and Support for Advanced Coursework Study
- American School Counseling Association, Antiracism Subcommittee
- Virginia School Counselor Association, Research and Graduate Student Committee
- Virginia School Counselor Association, Professional Development Committee
- Southern Association of Counselor Education and Supervision, Social Media Co-Chair (2021 - 2022)
- Girl Talk, Inc., Curriculum Writer
- Young Adult Novels, Expert Reader
- Recognized ASCA Model Program (RAMP), Student Auditor

Community

- Henrico County Public Schools Book Review Committee
- Henrico County Public Schools Equity and Diversity Advisory Committee
- #SCChat (School Counseling Chat, Twitter) Moderator: January 2021, December 2021
- Black School Counselor Healing Circle August 2021
- Sigma Gamma Rho Sorority, INC.
 - Annual Youth Day of Service/Symposium Chair 2014 - 2025