

My Qualifications

Alishia McCullough is a first-generation college student who earned her Bachelor of Arts in Psychology with a minor in sociology from The University of North Carolina at Greensboro in 2016. She then earned her Master of Science in Counseling from The University of North Carolina at Greensboro with a specialty in College Counseling. She is a Nationally Certified Counselor (1095889) and a Licensed Clinical Mental Health Counselor Associate (A14049).

Alishia has worked for The National Board for Certified Counselors as their Certifications Project Manager where she reviewed accreditation for counseling programs throughout the nation. She also has three years of experience working in University College Counseling Centers where she offered individual, couples, and group therapy. Alishia has also served in the role of the groups coordinator where she organized, planned, and offered mental health groups and workshops for the university counseling center. She now works as a Licensed Clinical Mental Health Therapist in private practice and offers both individual and couples therapy. Alishia specializes in treating eating disorders and racial trauma.

Outside of professional work, Alishia also is the founder of The Holistic Black Healing Collective which is an online global community aimed to support the healing and wellness of BIPOC folks. She is passionate about social justice and decolonization and has centered her work in Black liberation and healing. Alishia has been featured on podcasts, panels, speaking engagements and has contributed to magazine publications. She is also the co-founder of the global Amplify Melanated Voices Challenge movement. In her free time Alishia enjoys writing and has published a collection of poetry titled "Blossoming". She also enjoys spending time with family, going for nature walks, and spending time with her emotional support animal Zora.

Theoretical Approach/Counseling Process

Alishia believes that counseling is a mutual professional relationship between the client and counselor. Her role as the counselor is to hold space for clients authentic and holistic experiences. She supports clients on their healing journey as they learn to navigate many life challenges and unseen obstacles. She uses a diverse range of techniques including visual arts, person centered approach, mindfulness, narrative therapy, intersectional feminism, and non-traditional techniques such as dream interpretation and spirituality. She has a special interest in working with individuals experiencing body image and eating disorders and has a strong passion for social justice. Her work is rooted in healing justice and trauma informed care. Her goal is to foster empowerment and freedom as you navigate through new ways of experiencing the world and connecting back to yourself.