

Tirrany THURMOND

THERAPIST | EQUITY EDUCATOR | FACILITATOR

WWW.IDALTUCC.COM

Bio

Tirrany Thurmond, M.Ed., NCC, LGPC, is a student affairs leader, and diversity and inclusion educator, with a resume that spans over nearly a decade in large and small university settings. Her professional tenure consists of assisting university leadership on matters of diversity and inclusion, creating equitable programs and access for historically underserved populations, and consulting organizations on matters of social equality.

As board-certified counselor and a Licensed Graduate Professional Counselor (LGPC) in the state of Maryland, Tirrany's speciality areas are trauma and race-based stress, destigmatizing mental illness in communities of color, and the impact of Superwoman Syndrome on young adult women of color.

Paying homage to her ancestral roots and honoring the nickname "firstborn" given to her by her father, the evolution of her work in education and mental health led to the creation of Idaltu Counseling & Consulting. Idaltu's practices entail person-centered healing, community advocacy, and leadership training.

Tirrany Thurmond holds a bachelor's degree in behavior analysis from Savannah State University and a master's in counselor education with an emphasis in clinical-mental health from Georgia Southern University. Her credentials and affiliations include being an Intercultural Development Inventory (IDI) Qualified Administrator, a certified Safe Zone facilitator, and a member of NASPA.

Speaking Topics

Mental Health

Racial Identity & Social Justice

LGBTQ+ & Allyship

Cultural Competency & Advocacy

Self Care and Trauma Stewardship

Booking Info

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As a diversity practitioner that doubles as a licensed counselor, Tirrany has the ability to facilitate difficult conversations through a therapeutic lens; I can't think of a better duality for navigating this field.

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NATALIE GILLARD,
CREATOR & FACILITATOR, FACTUALITY



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