

Dr. Monica P. Band

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I am a licensed, practicing, trauma-informed mental health therapist and educator dedicated to destigmatizing, democratizing, and decolonizing mental health practices for the next generation.

EDUCATION

Marymount University	Arlington, VA
Ed.D. in Counselor Education and Supervision	2017
The George Washington University	Washington, D.C.
M.A. in Rehabilitation Counseling; Concentration: Autism Spectrum Disorders	2013
The University of Mary Washington	Fredericksburg, VA
B.S. in Psychology	2010
Virginia Tech	Falls Church, VA
Non-degree student, M.A. Marriage and Family Therapy	2014
<i>Completed coursework for licensure requirements</i>	
Christopher Newport University	Newport News, VA
B.A., Psychology; Minor: Child Development	2007
<i>Transferred to The University of Mary Washington in 2008</i>	

LICENSURE & CERTIFICATIONS

Active Licensure & Certifications

Licensed Professional Counselor (LPC)	Washington D.C. & Virginia
Psychoanalyst	Vermont
Certified Rehabilitation Counselor (CRC), Commission on Rehabilitation Counselor Certification	
National Certified Counselor (NCC), National Board for Certified Counselors	
Certified Career Counselor (CCC), National Career Development Association	
Approved Clinical Supervisor (ACS), Center for Credentialing and Education	

Approved Registered Supervisor for the Virginia Board of Counseling

Previous Licensure & Certifications

Certified Career Counselor Educator (CCCE), National Career Development Association

ADVANCED CLINICAL TRAINING

Gottman Method Couples Therapy Level 1

Gottman Method Couples Therapy Level 2

Addressing Attachment Issues in Adults and Children through the 8 Phases of EMDR Therapy: Putting Attachment Theory into Practice, Advanced Training Workshop hosted by EMDRIA
The Utilization of Eye Movement Desensitization and Reprocessing (EMDR) Therapy with Complex Trauma, Advanced Training Workshop hosted by EMDRIA

Eye Movement Desensitization and Reprocessing (EMDR) Institute Basic Training: Part 1 of 2, Including 5 post-training clinical supervision consultation hours by a EMDRIA approved clinician

Eye Movement Desensitization and Reprocessing (EMDR) Institute Basic Training: Part 2 of 2: Including 5 post-training clinical supervision consultation hours by a EMDRIA approved clinician

U.S. Department of Homeland Security's FEMA Emergency Management Institute: Completed certification on IS-100.C "Introduction to Command System"

U.S. Department of Homeland Security's FEMA Emergency Management Institute: Completed certification on IS-700.B "An Introduction to the National Incident Management System"

American Red Cross' Disaster Mental Health: Introduction

American Red Cross' Disaster Mental Health Fundamentals Part 1

American Red Cross' Disaster Mental Health Fundamentals Part 2

Continuing education is essential for maintaining active credentials and licenses. Dr. Band is in good standing with no ethical violations. In Washington, D.C., the requirements include completing 40 Continuing Education (CE) credits, which must include: "Forty (40) CEs which shall include six (6) CEs in ethics, four (4) CEs in trauma counseling, two (2) CEs in LGBTQ, and 10% (4 hours) of Public Health Priorities" and for Virginia, Twenty (20) CEs which include two (2) CEs in ethnics as continuing educational requirements.

TEACHING EXPERIENCE

George Mason University

Fairfax, VA

Clinical Mental Health Counseling, MEd Program, CACREP-accredited

Adjunct Faculty, Counseling Department

2022-2023

- Fall 2022: Group Processes and Analyses
- Spring 2023: Group Processes and Analyses

Marymount University

Arlington, VA

Clinical Mental Health Counseling, M.A. Program, CACREP-accredited

Adjunct Faculty

2020

- Fall 2020: Practicum for CMHC
- Summer 2020: Group Counseling, Career Counseling

Assistant Faculty, Tenure-track

2017-2020

- Spring 2020: Group Counseling, Career Counseling, Practicum for CMHC, Independent Study
- Fall 2019: Group Counseling, Group Counseling, Career Development Counseling, Practicum for CMHC, Independent Study
- Summer 2019: Group Counseling; Career Development Counseling
- Spring 2019: Group Counseling; Career Development Counseling; Multicultural Counseling, Independent Study
- Fall 2018: Group Counseling; Career Development Counseling; Foundation, Ethics, and Professional Issues in CMHC
- Summer 2018: Counseling for Individuals; Multicultural Counseling
- Spring 2018: Counseling, Foundations, Ethics, and Professional Issues in CMHC; Theories and Techniques of Family; Career Development Counseling
- Fall 2017: Counseling for Individuals; Counseling, Theories and Techniques of Family; Career Development Counseling
- Summer 2017: Multicultural Counseling; Career Development Counseling
- Spring 2017: Career Development Counseling; Crisis Intervention, Assessment, and Prevention; Theories and Techniques of Family

Visiting Assistant Faculty

2016

Co-Teacher

2015-2016

Marymount University

Arlington, VA

Psychology, B.A. Program

Adjunct Professor

2016

Teaching Assistant

2015

For detailed information after 2016, please inquire.

CLINICAL EXPERIENCE

<u>Mindful Healing Counseling Services, LLC</u>	Washington, D.C.
Owner, Licensed Therapist, Clinical Supervisor	2017-Present
• Oversee all facets of a group mental health private practice, including hiring, development and implementing policies and procedures to ensure the practice operates efficiently and in compliance with relevant regulations, contributing to enhanced client satisfaction and business performance through continuous evaluation and improvement of practice operations. • Utilizes Eye Movement Desensitization and Reprocessing (EMDR) and somatic experiencing techniques to treat dissociation and other trauma-related issues. • Offers clinical supervision and mentoring to pre-licensed professionals in Washington D.C. and Virginia, supporting their professional development and adherence to best practices. • Collaborates and consults with other healthcare providers to ensure the continuity of high-quality care for clients. • Conducts thorough assessments to identify mental health needs and develop individualized treatment plans and accurate clinical diagnoses. • Provides crisis intervention and support to individuals experiencing mental health crises, ensuring their safety and well-being. • Maintains accurate and confidential clinical documentation, including progress notes, treatment plans, safety plans, and other relevant information.	
<u>Counseling Department, Marymount University</u>	Arlington, VA
Clinical Supervisor	2016-2017
<u>Counseling Department, Marymount University</u>	Arlington, VA
Graduate Assistant	2014-2016
Department of Human Services, Behavioral Health Care Division	Arlington, VA
<u>Program of Assertive Community Treatment (PACT) team</u>	
Human Services Specialist II/PRN; Resident in Counseling	2014-2016
<u>PRS, Inc. (Hopelink Behavioral Health)</u>	Fairfax, VA
Transition Specialist	2013-2014
<u>Virginia Department for Aging and Rehabilitative Services (VA-DARS)</u>	Manassas, VA
Rehabilitation Counselor, Graduate Student Intern	2013-2014
The George Washington University	
<u>Community Counseling Services Center (CCSC)</u>	Washington DC.
Counselor Intern	2013-2014
<u>Community Residences, Inc. (CRi)</u>	Arlington, VA
Qualified Mental Health Professional (QMHP) Residential Counselor	2011-2013

[Achieve Beyond](#)
Applied Behavior Analysis Instructor

Fairfax, VA
 2011-2012

For detailed information after 2020, please inquire.

SUBJECT MATTER CONSULTING

[The JED Foundation](#)
 Subject Matter Consultant 2022-Present

[The AAKOMA Project](#)
 Subject Matter Expert 2022-Present

[Decolonize Wealth Project](#)
 Youth Mental Health Fund Advisory Committee 2025

[Pivotal Ventures](#)
 Adolescent Mental Health Portfolio
 Design Council Member 2022-2025

Other: Consulted and collaborated on special projects for: Active Minds (2024), MTV (2022)

SELECTED TRAININGS, WORKSHOPS, SPEAKING & OTHER PROJECTS

Lehman College 2025
 2025 Chi Sigma Iota Honor Society Induction Ceremony
 Keynote

[Asian Mental Health Collective](#) 2025
 Inaugural Fundraising Campaign
 Program: Healing from the Roots
 Facilitator

George Mason University
 Inaugural “Heal Together” multi-campus event
 Title of Pane” Indigenous and Non-Western Healing Practices
 Invited Panelist 2025

[Hazelden Betty Ford Graduate School](#)
 2025 Commencement Address
[Press Release](#) 2025

Psychotherapy Networker

Title: Treating Second-Generation Immigrants Invited Faculty, Co-Facilitated with Sahaj Kaur Kohli	2025
University of Pennsylvania Asian Social Work Collective Title: Healing and Identity in Asian Diasporic Communities Workshop Facilitator	2025
Asian Mental Health Project 2nd annual “Honor Your Feelings Fest” Invited Panelist	2024
PESI, Inc. Trainer All Day Clinical Training & Digital Seminar Working with Asian Diasporic Communities: Culturally Responsive Strategies for Treating Intergenerational Trauma and Acculturation Stress	2024
Psychotherapy Networker Invited Faculty Title: Culturally Responsive Therapy for the Asian Diaspora	2024
Upstream’s AAPIE Community of Belonging (Asian Affinity Group) Title: Balancing Acts: Cultural Identity, Emotional Wellness, and Workplace Connection Facilitator	2024
United Educators Lunch and Learn Series Workshop Title: Neurodiversity in Relationships Facilitator	2024
Award-Winning Podcast Series: I Need To Ask You Something Produced by Lemonada Media in Partnership with The Jed Foundation Host	2023
Podcast: Living Well with Janet Episode: “EMDR, Trauma, and Mental Wellbeing with Dr. Monica Band” Produced by AsianBossGirl Guest	2023
ARISE (Asian Affinity) at College Board Healing Circle Series Facilitator	2023
Podcast: Beyond the Couch with Bridges Produced by Bridges Mental Health	

Episode: "[The Existential Search for Identity and Belonging with Dr. Monica Band](#)"
 Guest 2023

National Career Development Association
 Annual Conference Closing
 Keynote Speaker 2023

[PESI, Inc.'s](#) Cultural Competencies Summit
 Invited Faculty & Live/Recorded Seminar
 Title: Culturally Responsive Treatment Strategies for Asian Pacific Islander Clients 2023

RepresentASIANproject
 Feature: [How Asian Female Therapists are Managing Amid Surging Anti-Asian Racism](#) 2022

Quoted by major publications:

- Psychotherapy Networker (2024): "[Grandma Chin's Funeral: Reflections on Grief and Belonging](#)"
- Counseling Today (2024) Online Exclusive: "[Mental Health Care Workers Struggle to Recover After Change Healthcare Cyberattack](#)"
- Washingtonian (2024) "[Why DC Residents Aren't Getting Enough Sleep](#)."
- Washingtonian (2024) "[Election Day 2024: A Vibes Based Live Blog](#)"
- Pollen by Simple Practice (2023) "[How to Overcome Procrastination](#)"
- Pollen by Simple Practice (2023) "[The Psychology of Procrastination](#)"
- Washingtonian (2022) "[Feeling Burned Out? So Is Your Therapist](#)" Therapists took on extra clients during the pandemic—then battled burnout. Here are lessons they now practice as well as preach."
- American Counseling Association (Website Feature): "[Counselor Stories](#)"
- Forbes (2022) "[Roe v. Wade Has Been Overturned: How The Future Of Abortion Care In The U.S. May Impact Mental Health, According To Experts.](#)"
- Reuters (2021) "[Can Therapy Ease the Trauma of U.S. Racist Attacks and Systemic Racism?](#)"
- Counseling Today (2021) "[The Forces that Could Shape Counseling's Future.](#)"

Other: Conducted workshops and training sessions for Employee Resource Groups (ERGs) and Diversity, Equity, and Inclusion (DEI) Committees at organizations such as the College Board, National Career Development Association, and United Educators. Additionally, I have spoken on panels addressing mental health at events organized by the Asian Mental Health Collective and the Asian Mental Health Project.

For information before 2021, please inquire.

SELECTED PRESS & PUBLICATIONS

Press

American Counseling Association Counselor Stories Profile	2024
Pollen by Simple Practice The Psychology of Procrastination	2023
American Counseling Association Candid Conversations w/ BIPOC Counselors	2022
Counseling Today The Forces that Could Shape Counselings Future	2021
Counseling Today Culture Centered Counseling	2021

Peer-Reviewed Articles

- Chan, C. D., Harrichand, J. J. S., Anandavalli, S., Vaishnav, S., Chang, C. Y., Hyun, J., & Band, M. P. (2021). Mapping solidarity, liberation, and activism: An autoethnography of Asian American and Pacific Islander (AAPI) leaders in counseling. *Journal of Mental Health Counseling*. 43 (3): 246–265, doi:<https://doi.org/10.17744/mehc.43.3.06>
- Chan, C.D., DeDiego, A., & Band, M. (2018). Moving counselor educators to influential roles as advocates: An ecological systems approach to student-focused advocacy. *Journal of Counselor Leadership and Advocacy*, doi: <https://doi.org/10.1080/2326716X.2018.1545614>
- Chan, C. D., Cor, D.N., & Band, M. (2018). Privilege and oppression in counselor education and supervision: An intersectionality framework. *The Journal of Multicultural Counseling and Development*, 46, 58-73, doi: 10.1002/jmcd.12092

Book Chapters

- Band, M., Pope, A.L., & Moe, J. (2024). Historical perspectives on sexual-affective identity development. In J. Moe, A. L. Pope, D.M. Perera, & N. Sparkman-Key, *LGBTQ+ Affirmative counseling: A student and practitioner handbook*. Cambridge University Press
- Glosoff, H., & Band, M. (2021). Historical overview. In S. K. Butler, A. F. Locke, & J. M. Filmore (Eds.), *Introduction to 21st century counseling: A multicultural and social justice approach*. Cognella.*
- Litam, S. D. A., Ford, D. F., Band, M. P., Friday, A. R., Sutherlin, T., & Walker, B. (2020). Understanding the historical context of traditionally marginalizing biblical passages: Helping LGBTQ clients navigate the intersection of religion and sexual identity. In K. K. Strunk (Ed.), *Queering in the deep south: Research on queer studies and LGBTQ lives in the U.S. southeast*. Charlotte, NC: Information Age Publishing.

For information after 2018, please inquire.

**Awarded "Most Promising New Textbook (College) in 2022"*

SELECTED LEADERSHIP EXPERIENCE

American Counseling Association

Member of the Inaugural Anti-Racism Commission Appointed by Dr. Sue Pressmen, ACA President	2021-2023
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Branch Development Committee Co-Chair Appointed by Dr. Sue Pressmen, ACA President	2020-2021
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Member of ACA Cultural Encounters Task Force Appointed by Dr. Gerard Lawson, ACA President	2017-2019
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Association for Multicultural Counseling and Development (AMCD)

Vice President for Asian American Pacific Islander Concerns Group	2020-2023
Interim VP for Asian American Pacific Islander Concerns Group	2019-2020
Nominated and Elected by ACA Members	

Virginia Counselors Association (VCA)

Immediate Past President	2019-2020
President	2018-2019
President-Elect	2017-2018

Chi Sigma Iota (CSI) Mu Upsilon Gamma Chapter Faculty Co-Advisor	2017-2020
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VOLUNTEER ACTIVITIES

American Red Cross

Disaster Mental Health Volunteer	2018-2021
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Medical Reserve Corps (MRC)

Licensed Professional Counselor	Arlington, VA 2019-2021
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AWARDS

Media Award Mental Health America for <i>I Need To Ask You Something</i> a Lemonada Media Production	2024
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Outstanding Practitioner Award Chi Sigma Iota (CSI) Counseling Academic and Professional Honor Society International	2023
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Distinguished Alumni Achievement Award 2022
George Washington University's (GWU) Graduate School of Education and Human Development (GSEHD).

Kitty Cole Human Rights Award 2022
The Association for Multicultural Counseling and Development (AMCD), a division of the American Counseling Association (ACA)

"This award honors an AMCD member whose work has exemplified AMCD's commitment to human rights and made a significant contribution in one or more areas of the broad spectrum of human rights."

Ohana Award 2021
The Association of Counselors for Social Justice (CSJ), a division of the American Counseling Association (ACA)

"This award honors individuals whose life and work affirm diversity and advocate for social justice. More importantly, individuals nominated have demonstrated the following Ohana qualities: caring, humility, intelligence, generosity, integrity, honesty, unconditional love, spiritual power, courtesy, and courage."

Robert H. Rencken Emerging Professional Leader Award 2020
The American Counseling Association

"Recognizes an ACA member who has demonstrated the potential to become a dedicated leader of the counseling profession in future years."

Counselor of the Year 2019
The Virginia Counselors Association (VCA)

The award recipient must be a VCA member in good standing during the award year. They should be recognized for their significant contributions to their organization, outstanding guidance and counseling services, and leadership within the community.

Faculty Service Award 2019
Marymount University's School of Sciences, Mathematics, and Education

Samuel H. Johnson Distinguished Service Award 2019
The Association for Multicultural Counseling and Development (AMCD)

"Honors an AMCD whose service at the local, state, national, or international level has stimulated interest in multicultural counseling and development and/or enhanced the well-being of members of the populations served by AMCD."

Humanitarian and Caring Person of the Year Award 2018
The Prince William Regional Counselors Association's (PWRCA), a chapter of VCA

"The Humanitarian and Caring Person Award is an annual award established to recognize a member who truly cares for the welfare of others and who cares about social issues and problems. What is sought is the honoring of persons who give to others without fanfare or

expectation of reward other than personal satisfaction in seeing other persons made happier or the social milieu given more integrity.”

Exemplary Diversity Leadership Award

2018

The Association for Multicultural Counseling and Development (AMCD)

“Honors an AMCD member who has exemplified a career long commitment to multiculturalism and diversity and or promoted and enhanced cultural sensitivity among members and the counseling community and the society at large.”

Outstanding Student of the Year for Scholarship

2017

Nominated by Counseling Department faculty, Marymount University

Pete Warren Graduate Student Fellow

2016

Virginia Counselors Association Foundation (VCAF)

Outstanding Doctoral Student Award

2016

European Branch of the American Counseling Association (EB-ACA)

For information after 2016, please inquire.