



Monique

DARNELL, LPC, LMHC

MENTAL HEALTH THERAPIST, ADVOCATE, LIFE COACH, & AUTHOR

Monique R. Darnell is a multi-state Licensed Professional Counselor and author. After stepping into the role of motherhood, she discovered her passion for Mental Health. As a result of her discovery, she became a Mental Health Professional. She holds a Master's in Mental Health Counseling from Capella University. For the last few years, Monique has spent countless hours advocating for the holistic needs of others.

She is a Certified Advanced Alcohol and Drug Counselor (CAADC) in Georgia, a Certified Mental Health Counselor (CCMHC) in Georgia, a National Certified Counselor with the National Board of Counselors, a Licensed Mental Health Counselor (Florida), and a Master's Level Certified Addiction Professional (MCAP) in Florida.

In 2017, she became a Certified Anger Management Specialist. In this role, she can assist youth and aid them in addressing their anger by finding better-coping skills. She is also trained in Trauma Focused-Cognitive Behavioral Therapy and Domestic Violence.



SPEAKING INVESTMENT

\$750 - \$2500

+TRAVEL ACCOMMODATIONS

SIGNATURE SPEAKING TOPICS

- **Understanding Spiritual Seasons:** *Waiting, Testing, Distraction, Warfare, and Blessing*
- **The Power of Resilience:** *Is Fear Speaking Louder than God's Voice*
- **Soul Work:** *The Inner Child in My Soul*
- **Boundaries:** *Understanding Boundaries Relating God's Word*
- **Trust in Transition:** *Adjustment Disorder*
- **Breaking Cycles:** *Understanding Bad Habits & Creating Good Habits*
- **Why Me:** *Having the Wrong Attitude Can Delay Your Blessing*
- **Wounded:** *Spiritually Healing the Emotional Wound*
- **The Power of Alignment:** *Checking in with Your Purpose, Values, & Goals*
- **Show Us Your Glory:** *Covenant Edition*
- **Lukewarm:** *Barriers, Bondage, & Borderline*
- **How Do I View God:** *Understanding Perception & Perspective*
- **Martha & Mary:** *I am a Black Woman, I am a Woman*



MRD & CA SOLUTIONS

MAKING REAL DREAMS COME ALIVE

Counseling Services

www.mrdcasolutions.com | mrdcasolutions@gmail.com