

# SONEAKQUA J. WHITE

Therapist, Wellness Coach, Author, Speaker



## PROACTIVE MENTAL HEALTH

Soneakqua J. White, M.A., LPC is a Licensed Professional Counselor and a certified life coach who characterizes herself as a therapist by profession and a writer by craft. She is the owner of At the Table Counseling, a private psychotherapeutic practice in the Dallas/Fort Worth, Texas area and has been in the mental health field for the past fourteen years. Soneakqua is also the author of four books. Her first novel, *A Time to Heal* released in September of 2017, followed by *Red Flag!* in July 2018, *Writing is Life* hit the market in September 2018 and *Working Through Mommy Issues* was released in 2019 as an online course and workbook. Although she writes across genres, every book is of therapeutic impact. She is also a featured author in the best-selling brand *Chicken Soup for the Soul* *Angels All Around* which hit the shelves August 27, 2019.

Soneakqua's primary focus is to move her clients on the scale from existing to living. The majority of her clientele are working through unresolved past issues that have resulted in depression. Secondary to the majority being symptoms of depression, she also works with clients who are stuck because of the anxiety that keeps them from moving forward. Soneakqua has had the opportunity to speak to professionals in the field of counseling in the form of continuing education for the Southern Dallas Alliance of Mental Health Professionals and Dallas Behavioral Healthcare Hospital. She has also spoken at women's conferences, church conferences, high school events as well as online radio broadcasts. Having her as your speaker would bring awareness to the continuous need for mental health checkups on a regular basis. It would ensure that your organization understands and is able to implement simple steps to promote proactive mental health.



Soneakqua J. White



Author Soneakqua J. White



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- Stress Management
- Wellness Trinity (Mind, Body, Spirit)
- Psychology in Writing
- Generational Dysfunction
- Counseling and Coaching the Called
- How to avoid being played
- How to honor a parent who devalues you

**"STOP EXISTING AND START LIVING!"**

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