

Aisha D. Holman, M.A.; M.A.T; LPC-S

Licensed Professional Counselor | Clinical Supervisor | Speaker | Educator | Advocate | Author



Aisha D. Holman stands at the forefront of clinical excellence in Texas, bringing over fifteen years of transformative impact as a Licensed Professional Counselor and Clinical Supervisor (LPC-S). Renowned for her fierce dedication to trauma recovery, sex therapy, and eating-disorder treatment, she has earned the State of Texas's highest trust to supervise and mentor Clinical Counseling Associates. Her unwavering commitment blends rigorous clinical standards with a profound compassion that empowers Therapists to become confident, ethical leaders in their own right.

A scholar and lifelong learner, Aisha holds a B.A. in English from the University of Illinois, (Illinois) an M.A. in Teaching—Education from Morgan State University, (Maryland), and an M.A. in Clinical Counseling from D.T.S., (Texas).

Grounded in both academic rigor and deep faith, she serves as a recognized Expert Witness in Texas Family Court and has enriched care in settings as varied as psychiatric hospitals, juvenile-justice programs, non-profits, and private practice.

A natural educator, Aisha has shaped countless aspiring counselors as an Adjunct Professor at The King's University, a faculty member within the Dallas County Community College District for eight years, and now as an Honorary Clinical Instructor and Field Supervisor at Walden University and a Field Supervisor for Grand Canyon Univ, Amberton Univ, Dallas Baptist Univ, University of North Texas and a Mental Health Preceptor for Texas Womens School of Nursing. She combines sharp clinical insight with an authentic, heart-centered teaching style—whether she's guiding Faith Leaders through domestic-violence intervention or training grassroots groups in immigrant-mental-health resilience.

As the Founder and CEO of Holman Family Services, with two thriving Texas clinics, Aisha leads a team devoted to trauma-informed, faith-integrated care. She also serves as President of Holman Helps, a nonprofit delivering life-changing scholarships for mental-health services to uninsured individuals living in poverty. Her efforts have earned national acclaim, including the Patriotic Employer Award from the Office of the Secretary of Defense for her steadfast support of military service members and their families. Aisha is also the author of **A Marriage of Violence & Love—Through Her Daughter's Eyes**, released on Amazon and Kindle on September 1, 2025. In this soul-stirring memoir, she lifts the veil on childhood trauma and complicated grief with the same courage and compassion she brings to every counseling room and classroom—guiding others from pain into purposeful healing. Currently, Aisha is *accepting* speaker requests.

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Speaking & Training Topics Include, (but not limited to):

Trauma Recovery & Healing the Family System

Explore how trauma impacts the entire family, not just the individual. Learn clinically informed, spiritually grounded approaches to foster healing, rebuild trust, and restore connection within families affected by abuse, crisis, or generational trauma.

Mental Health in Faith-Based Communities

Bridge the gap between mental health and ministry. This session empowers churches to recognize emotional struggles, reduce stigma, and offer biblically sound, psychologically safe support to hurting individuals within their congregations.

Sex Therapy & Faith Based Sexual Integrity (for all faiths)

Addressing sexuality from a clinical and faith perspective, this session tackles difficult topics like shame, intimacy, and brokenness—offering healing and healthy frameworks for individuals, couples, and faith leaders navigating sexual concerns. This workshop is intentionally designed to help faith leaders and persons with faith reduce the stigma of teaching and talking about sex.

Psychotropic Medication & Faith: A Balanced Perspective

"Are medications godly?" This powerful talk addresses common myths and Faith Based fears around mental health medication, offering insight into how faith and pharmacology can coexist for the well-being of persons of any Faith.

Recognizing Burnout & Supporting Teams in Crisis

Learn to identify the early signs of burnout and compassion fatigue, especially in high-stress helping professions. This training equips leaders to cultivate resilience and create emotionally sustainable environments for their staff.

Do I or My Child Need Counseling?

Perfect for schools, churches, or community centers—this accessible session demystifies counseling, explains when and how to seek help, and empowers families to take the first steps toward mental and emotional wellness.

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Identifying the Signs of Sexual Abuse Within the Family

A compassionate but unflinching look at the subtle and overt signs of sexual abuse in children and adolescents. Participants will gain tools for early detection, intervention, and creating protective environments for vulnerable individuals.

Eating Disorders and Body Image in Culturally Sensitive Contexts

Explore the complex relationship between faith, food, culture, and body image. This talk provides clinical insight and cultural sensitivity to help professionals, parents, and church leaders support those struggling with eating disorders.

Christian Counseling Supervision & Ethics

Designed for licensed professionals and clinical associates who perform the psychological theory of Christian Counseling, this workshop explores supervision strategies that integrate faith and professionalism. Includes ethics, licensure standards, and real-world tools for mentoring future counselors.

Mental Health for At-Risk Youth and First-Gen Families

Tailored for educators, mentors, and youth leaders, this session addresses the mental health needs of at-risk and first-generation students. Topics include trauma, academic pressure, identity development, and culturally informed support strategies.

Neuroanatomy of the Brain-Understanding the Brain to Transform the Mind

This dynamic training provides a foundational overview of brain structure and function, tailored specifically for counselors, educators, clergy, and mental health professionals who want to deepen their understanding of the biological roots of human behavior.

Participants will explore key brain regions responsible for emotion regulation, memory, trauma response, and decision-making. Special emphasis is placed on how trauma and chronic stress impact brain development—and how healing interventions can promote neuroplasticity and recovery.

This session translates complex neuroscience into practical knowledge you can immediately apply in counseling sessions, classrooms, or ministry settings.

Topics Include:

- Major regions of the brain and their behavioral functions
- The limbic system, trauma, and emotional regulation
- Neuroplasticity: how the brain heals and rewires
- The role of neurotransmitters in mental health

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- Integrating brain science into therapeutic and faith-based practices

Ideal for: Clinical associates, counseling students, licensed professionals, pastors, lay counselors, and educators seeking to bridge neuroscience and compassionate care.



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