

My name is Monica Tolbert, I am a Texas Licensed Professional Counselor (LPC) serving Soldiers, Veterans, and Military Family Members in Killeen, Texas, and the Central Texas area. I provide trauma recovery to soldiers and veterans who are not receiving the quality care they deserve from the government to resolve trauma. In October 2023, I combined my experience with Journeys Counseling and Consultation which is the only behavioral health group in Killeen with extensive experience in trauma and PTSD resolution. We assist clients in overcoming trauma and developing emotional intelligence.

I am a graduate of the University of Mary Hardin-Baylor (UMHB) with a Master of Counseling. My most recent work experience was serving as a counselor at the III Corps Headquarters and the 89th Military Police on Fort Hood. Additionally, I served as a counselor for the Military Sexual Trauma Group (MST) at Fort Hood in 2019. I was also fortunate to be selected as a Co-Facilitator for Master Level Behavioral Health classes at UMHB in 2023.

For over 25 years, I have been part of the military community as a military spouse. This has given me the opportunity to serve the armed forces and their families in this role as well. My heart and devotion are focused on providing for our service members and their families.

My core competency areas: Acceptance and Commitment Therapy (ACT); Emotionally Focused Therapy (EFT); Eye Movement and Desensitization and Reprocessing Therapy (EMDR); Solution Focused Therapy (SFT); Play Therapy and Sand Tray Therapy.

My focus is dedicated to the specialty of EMDR and delivering evidence-based, tailored professional services to all clients.