



## Moriah Holland, Member At Large

Moriah Chalissee Holland, formerly Tanner, was born and raised in Brooklyn, New York. At 18, she moved to Virginia to further her education, earning an Associate's degree in Social Sciences from Tidewater Community College, a Bachelor of Science with double majors in Psychology and Human Services, and a Master of Education focused on Clinical Mental Health Counseling, from Old Dominion University.

During her final year of graduate school, Moriah married her husband Desmond, and they welcomed their son, Dorian Prince Holland, during the pandemic as she completed her residency to become a Licensed Professional Counselor. In 2023, she founded her Private Practice while working full-time as a Military & Family Life Counselor in various schools and districts. Recently, she took a leap of faith to fully dedicate herself to her practice, aiming to create safe spaces for conversations around mental health, especially for Black women.

Moriah is passionate about educating and motivating individuals to seek mental health support. She speaks at faith-based youth leadership and women empowerment events, writes blogs on healthy coping and stress management—such as mindfulness practices and setting healthy boundaries—and creates content for her YouTube channel to foster dialogue, support, and community among Black women.

Before becoming a licensed therapist, Moriah gained valuable experience in the non-profit sector through volunteer work at a domestic violence emergency shelter, fundraising for aligned causes, and professional roles in resident services, career coaching, and mental health therapy. Her contributions have earned her nominations for “Trailblazer of the Year” and “Positive Social Influence” in the Health & Wellness category from ACHI, a Fashion and Lifestyle Women's Magazine, leading to an honored recognition at their 2023 Awards Show alongside other remarkable women.

Moriah continues to grow her private practice, offering mental health individual therapy, consultations for licensed professionals, and clinical supervision for residents pursuing licensure as professional counselors. Outside her career, she cherishes time with her husband and 4-year-old son, worships, fellowships, and volunteers at her faith-based organization, while also enjoying hobbies like singing, dancing, reading motivational literature, and spending time in nature.